



thursday, march 14, 2013

the collegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

VOL. 118 NO. 113



Tomorrow:
High: 77 °F
Low: 40 °F



Saturday:
High: 50 °F
Low: 33 °F

02

Papal history
The Forum discusses the world's first South American Jesuit Pope

03

Series split
Cats lose 3-0 to Northern Colorado day after shutout win

kstatecollegian.com

10

Suffering from the Sun
Looking for a vacation in paradise? Be wary of sun damage



Spring enrollment hits record



Students in Agriculture Economics and Business listen to Instructor Jason Bergtold give a presentation on Jan. 28, 2013 in Weber 123.

Nicolas Wahl
staff writer

K-State, in addition to winning championships on the athletic fields, celebrated its sesquicentennial by setting records in enrollment as well. This spring, 23,180 students are enrolled, an all-time record for the spring semester.

This spring's record comes on the heels of several high-water marks set in the fall, including an overall enrollment record of 24,378. The university remains the No. 1 choice for Kansas high school seniors and consistently has the highest number of enrolled undergraduates of any 4-year university in the state.

"Spring enrollment is a reflection of how the previous semester went for students, especially freshmen, and we're delighted by the results," said Pat Bosco, vice president for student life and dean of students, in a university

press release.

One thing that faculty and administrators are pointing to as a source of accomplishment is the strides that have been made with international and multicultural students.

"We're really excited to see increasing numbers of international students at K-State," said Sara Thurston-Gonzalez, director of International Student and Scholar Services.

"We were really happy to see so many run for student government positions and get elected. It is great to see them more integrated."

Gonzalez said that she was encouraged by seeing U.S. students taking interest in the international students on campus.

"The culture and experience our international students bring to K-State prepares our U.S. students to live in a global society," Gonzalez said.

China is the top country represented among 2,090 international students enrolled at K-State this spring, with students from var-

ious nations in the Middle East, Central and East Asia all highly represented among the student body.

K-State is working hard to foster American diversity on campus as well. Bosco listed the Developing Scholars Program, PILOTS Program, Multicultural Academic Program Success and the McNair Scholars program among ways the university has demonstrated a commitment to the success of its students regardless of culture.

At school where one in seven students identifies as multicultural, the importance of these initiatives is evident. Of the 3,187 multicultural students enrolled this spring, 1,201 students identify as Latino or Hispanic, 937 students identify as black, 342 identify as Asian, 96 identify as American Indian, 36 identify as Hawaiian/Pacific Islander, 575 identify as multiracial and 325 identify as

ENROLL | pg. 4

Cardinal Bergoglio first South American to be elected Pope

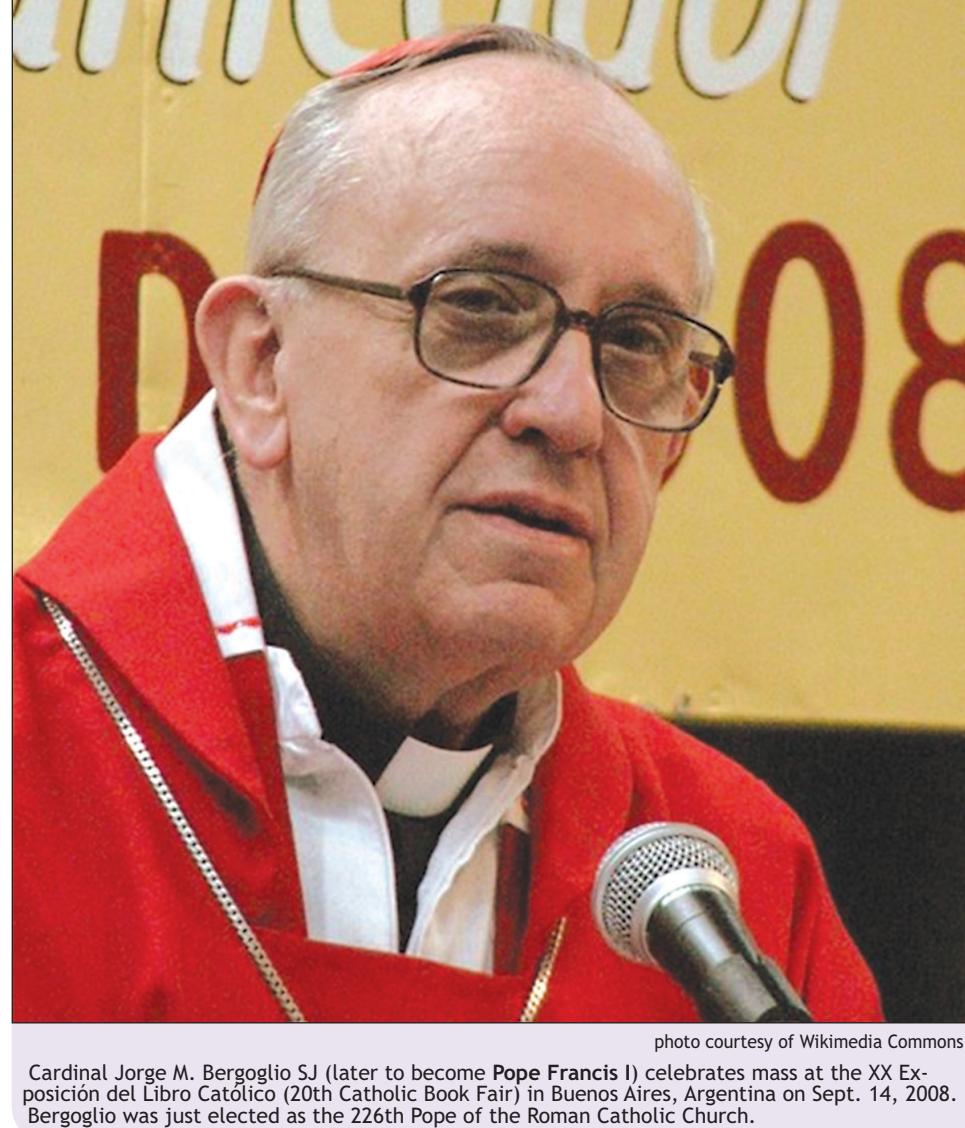


photo courtesy of Wikimedia Commons

Cardinal Jorge M. Bergoglio SJ (later to become Pope Francis I) celebrates mass at the XX Exposición del Libro Católico (20th Catholic Book Fair) in Buenos Aires, Argentina on Sept. 14, 2008. Bergoglio was just elected as the 226th Pope of the Roman Catholic Church.

Mike Stanton
assistant news editor

Less than two weeks after Pope Emeritus Benedict XVI shocked the world by resigning the papacy, his successor as head of the Catholic Church has been chosen. After five rounds of votes behind the locked doors of the Sistine Chapel in Vatican City, a puff of white smoke billowed from the chimney, signifying that the 115 cardinals inside had made their decision.

"I looked into it, and he did lots of modernizing for the church in Argentina. I don't think there are going to be a ton of changes, but I think there will be more of a focus on the poor and needy."

Tyler Goevert
junior in psychology

Argentine Cardinal Jorge Mario Bergoglio, archbishop of Buenos Aires, Argentina became the first non-European pope in centuries, and the first ever from the Americas.

"I think it's awesome that he is the first pope from South America," said Tyler Goevert, junior in psychology and member of the Catholic Church. "It shows that they're willing to step into the 21st century and transition into the modern era."

Bergoglio chose the name Francis as his papal name after St. Francis of Assisi, revered among Catholics for his work with the poor.

The election represents many firsts for the church. As well as being the first pope from the New World, Francis is also the first member of the Jesuit order to ascend to the papacy. When he emerged onto the balcony for his first public appearance as pope, rather than blessing the crowd in the traditional manner, he asked the gathered faithful to pray for him.

"As you know, the duty of the conclave was to pick a bishop of Rome," Francis said from the balcony overlooking St. Peter's Square. "It

POPE | pg. 4

Scahill, Gries could face death penalty in murder case

Mike Stanton
assistant news editor

Patrick Scahill, 20, and Virginia Gries, 19, of Manhattan, entered pleas of not guilty Wednesday in U.S. Magistrate Court in Topeka to federal charges of arson resulting in a death, according to WIBW Topeka. A panel of experts with the Justice Department will review the case to decide whether the prosecution will seek life in prison or the death penalty in the charges stemming from an early February apartment fire that claimed the life of 34-year-old postdoctoral researcher Vasanta Pallem.

Gries is currently enrolled at K-State as a sophomore in biology. Scahill is not enrolled and is not in good standing with the university, according to Pat Bosco, vice president for student life.

Authorities have not yet released a motive for the alleged crime. Scahill's roommates, Dennis Denzien and Frank Hanson, are facing federal charges for an armed robbery at a Manhattan Dara's Fast Lane location on the same night.

A third accomplice, Gavin Hairgrove, 19, of Manhattan, was also arraigned in connection with the arson Wednesday for being an accessory after the fact. Hairgrove is listed as a sophomore in business administration by the K-State website.

Zimbra email to be replaced by new service: Microsoft 365

Kiersten Schorg
contributing writer

Ken Stafford, Chief Information Officer and vice provost for information technology services, announced that Microsoft 365 will replace the current university email system this July.

"Zimbra Webmail actually crashed 14 times in the year 2012 alone."

Eli Schooley
senior in political science

Among the enhancements, Stafford said students are likely to see improved reliability, enhanced security, spam and phishing protection, more robust calendar features and compliance with federal data locations and security—a necessity for K-Staters working with federally funded grants. K-State is in the beginning of the planning stages to undertake the transition this summer.

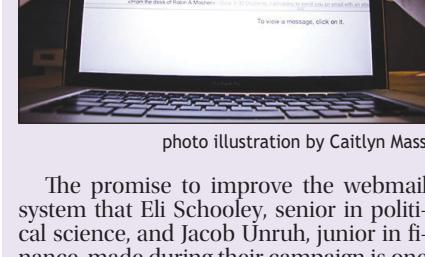


photo illustration by Caitlyn Mass

The promise to improve the webmail system that Eli Schooley, senior in political science, and Jacob Unruh, junior in finance, made during their campaign is one they intend to follow through on now that they've been elected into office. According to Unruh, SGA's Student Technology Committee is already hard at work.

Schooley said that the pair plans to "make sure the system works, that students and faculty know how to use it and that the transition to the new system is a smooth one."

Unruh added that part of their plan is to provide instructional videos and tutorials on the new system.

The decision to switch to Microsoft 365

Zimbra gets the boot
See kstatecollegian.com for more on K-State's new email service.



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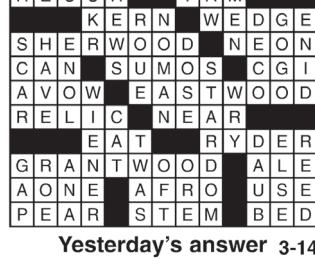
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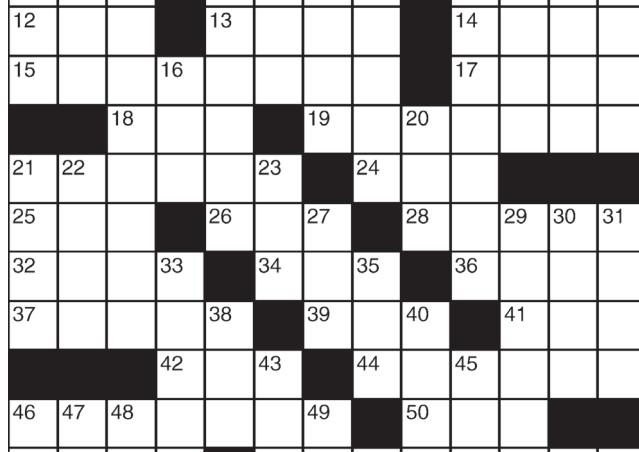
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Yesterday's answer 3-14



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3-14

CRYPTOQUIP

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Yesterday's Cryptoquip: WHEN A PERSON

KNOCKING DOWN PINS DECIDES TO WEAR A

HAT, I GUESS IT SHOULD BE A BOWLER.

Today's Cryptoquip Clue: S equals N

THE BLOTTER

ARREST REPORTS

Tuesday, March 12

\$750.

Toby James Ritchie, of the 1300 block of Flint Hills Place, was booked for domestic battery and battery. Bond was set at \$2,000.

David Michael Gibson, of Topeka, was booked for failure to appear. Bond was set at

Devon William Davis, of the 500 block of Bertrand Street, was booked for two counts of failure to appear. Bond was set at \$3,000.

Daniel Joseph Henry, of the 3000 block of Tuttle Creek Boulevard, was booked

for two counts of failure to appear. Bond was set at \$4,000.

Brandon Michael Pollen, of the 3000 block of Claflin Road, was booked for criminal use of a financial card. Bond was set at \$1,000.

Jacar Ortiz Union, of the 900 block of Garden Way, was

booked for failure to appear. Bond was set at \$274.

Wednesday, March 13

Thomas Collier Murphy, of the 2500 block of Farm Bureau Road, was booked for driving under the influence. Bond was set at \$750.

Compiled by Katie Goerl.

The Collegian, a student newspaper at Kansas State University, is published by Collegian Media Group. It is published weekdays during the school year and on Wednesdays during the summer. Periodical postage is paid at Manhattan, KS. POSTMASTER: Send address changes to Kedzie 103, Manhattan, KS 66506-7167. First copy free, additional copies 25 cents. [USPS 291 020] © Kansas State Collegian, 2013

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Wildcats fall to Bears in game 2, split series 1-1

Spencer Low
staff writer

After an impressive 11-0 win Tuesday night, the Wildcat baseball team was on the wrong side of another shutout last night at the hands of the University of Northern Colorado, losing 3-0.

The loss of their tenth home game in Tointon Family Stadium dropped the Wildcats to 10-6 on the season and increased Northern Colorado's record to 4-7. It was the Bears' first win over K-State in 14 games.

North Carolina starting pitcher sophomore Josh Tinnon shut down the Wildcats' offense by pitching 7.2 scoreless innings, in which he held K-State hitless until the sixth inning. Tinnon ended up allowing four hits, while striking out five K-State players and walking one. The righty improved

his record to 1-1 on the season.

K-State's offense only mustered five hits after banging out 11 runs on 11 hits the night before. Sophomore second baseman Ross Kivett had two of the Wildcats' five hits, including a single up the middle in the sixth inning which ended Timmon's no-hit bid.

Sophomore first baseman Shane Conlon also saw his 15-game hitting streak come to an end with a hitless afternoon.

"It was a frustrating day," said Wildcats head baseball coach Brad Hill. "First of all, you have to tip your cap. Their guy [Tinnon] did exactly what he had to do. If we're not going to make adjustments, then he's going to last almost nine innings. There were just no adjustments. We gave away a ton of at-bats early in the game. I don't know if we had a well-

hit ball until the sixth inning. It's disappointing because we feel like we have a really good offensive ballclub."

Wildcat starter Blake McFadden pitched 4.1 innings, allowing two runs off eight hits. The sophomore righty, who took the loss and fell to 1-1 this season, struck out five while walking just one in his 85 pitches.

After McFadden, freshman Haydon Nixon pitched 1.2 scoreless innings, junior Gerardo Esquivel added two more scoreless innings and freshman Levi MaVorhis finished the game out, allowing one run off one hit in his one inning.

K-State starts Big 12 play this weekend as they host West Virginia at 6:30 p.m. on Friday night. Sophomore Nate Williams (2-2) will get the start for K-State. The series continues Saturday with a 2 p.m. first pitch and concludes Sunday at 11 a.m.



Parker Robb | Collegian
K-State pitcher Jake Doller launches the ball towards home plate and a ready Northern Colorado batter during the Wildcats' game against Northern Colorado Tuesday evening at Tointon Family Stadium.

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K-State Urban Design team reaches final 4 round in national competition

Val Good-Turney
staff writer

As K-State eagerly waits to see where the men's basketball team will end up in the NCAA tournament, another K-State team has already made it to their own finals. The K-State Urban Design team has made it to the Final Four in the Gerald D. Hines Student Urban Design Competition, alongside several Ivy League schools.

The group is made up of three K-State landscape architecture students, in addition to a real estate student from the

University of Missouri-Kansas City and another architect student from the University of Kansas.

Derek Hoetmer, senior in landscape architecture, said the team represents a new type of group in the competition.

"There's never been a team that's A: been as young as we have, and B: have three schools represented," Hoetmer said. "That's never happened."

The first part of the competition took place Jan. 14-28. The group had two weeks to review a brief from the Urban

Land Institute (ULI), who hosted the competition. The brief centers around a different city every year, with Minneapolis, Minn. as the 2013 city.

According to the ULI website, the contest "challenges multidisciplinary student teams to devise a comprehensive development program for a real, large-scale site" using methods such as "drawings, site plans, tables and market-feasible financial data."

The K-State team's project was titled "The Armory," and centered around a historical building in downtown Minne-

apolis near the Vikings Stadium. Their project also involves changing some of the city's famous Skyway systems, as well as adding retail space and parks to the surrounding area.

Approximately 149 teams from 70 universities across the United States and Canada entered their designs into the competition. K-State is in the final four with teams from Purdue, Harvard and Yale.

The prize for making it to the finals is \$10,000. If the team wins the whole contest they qualify for the grand prize of \$50,000. Ten percent of the money goes to the winners

school, and the participants get to enjoy the rest.

Winning would be a good opportunity to make money, but it would also be great reward for the team's long journey and hard work. Kevin Cunningham, team leader and senior in landscape architecture, said the group has been dedicated to this project for awhile.

"We've been invested in this project for a lot longer than just since Jan. 14," Cunningham said. "It's been an effort that's been in the back of our minds for the past year or more."

The team is going to Minneapolis to visit the site of their project this Thursday. The final presentation before the competition jury will be April 10 and 11, giving the team a few more weeks to refine their project submission.

Kylie Harper, senior in landscape architecture, said she feels that even though there's still work to be done, she is confident in her team and their presentation.

"I think we have a really good chance," Harper said. "I think we have a really strong team. Honestly, I think we're gonna win."

Long waits at Lafene could be solved by 5 percent budget increase

Charlotte Graham
contributing writer

Some students have recently raised concerns about the difficulty of scheduling appointments at Lafene Health Center, and there have even been rumors of Lafene refusing walk-ins.

Tara Glidden, junior in agricultural education, visited Lafene twice earlier this semester and set up appointments both times.

"When I got my flu shot, I got right in," Glidden said.

This occurred less than a month after she tried to set up an appointment for a physical. Glidden said that she had to wait about a week and a half for the physical.

According to Julie Gibbs, assistant director of Lafene, lately there have been more walk-ins than usual. Gibbs said getting an appointment isn't difficult because people are being refused; instead, it is the opposite. The doctors and nurses are so busy that they're becoming double and even triple-booked.

The issue, according to Gibbs, is that there are many more walk-ins than in past years, which becomes a problem when people expect that they won't have to wait, and are frustrated when they aren't shown to a doctor right away. However, she said there's no set rule for how long you'll have to wait, with or without an appointment.

"It really depends on the time of year and what they're making the appointment for," Gibbs said. "Most of the time we can get them in pretty quickly; we just really encourage people to call in. If we have any walk-ins that come in that haven't made an appointment, it depends on the urgency of their problem."

Gibbs added that if a walk-in has a problem that is obviously more urgent than someone who has an appointment at that time, the appointment may be pushed back so the more serious issue can be taken care of first.

"They can definitely talk to a nurse when they call in to assess the problem," Gibbs said. "But either way, we want

them to call-in, to call ahead of time."

You might have to wait and you might not, even if you call in for an appointment.

Another reason Lafene has been busy lately is that they're in the process of hiring a new doctor, as one of the physicians on staff is retiring.

Lafene has been granted a 5 percent increase in funds for this fiscal year, which should help with staffing issues and over-bookings to get more students relief quickly.

Every three years Lafene's budget goes under review. The last review was the 2012 fiscal year. This year, Lafene's director, Lannie Zweimiller, put forth a proposal to the Student Governing Association for a 5 percent increase per year, for the next three years.

Lafene's total budget is a little over \$4.6 million, meaning that a little over \$3 million of their budget comes from student privilege fees. Most of it will be going towards staff salaries and covering the rising operational costs of the medical center. Everything is taken into consideration when deciding on these numbers.

"The biggest challenge that student government faces is balancing the needs of our student services with the affordability of going to school," Spriggs said.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

ENROLL | Success due to community experience

Continued from page 1

other ethnicities or cultures.

Bill Harlan, acting coordinator of Student Activities and Services, said that fostering a sense of belonging or welcome is something that various groups across K-State are trying to accomplish, not just for multicultural and international students, but for everyone.

Allocating funds to various groups on campus and putting on events like the "Week of Welcome," are some ways to make students feel at home. Harlan added that a new focus has been put on transfer students during the spring semester.

"We're getting a lot of new students coming in during the spring," Harlan said. "And realizing that there are probably some freshmen who weren't getting involved in the fall. We're trying to give them another chance to fully submerge

themselves into student life."

Harlan said the next step is to really focus on keeping students engaged in campus life and culture.

Bosco has said that one of the points of emphasis in the K-State 2025 plan laid out by University President Kirk Schulz, is maintaining and enhancing the type of experience that students expect from K-State without pricing the typical student out of the school.

Harlan says the role of his office and of the SGA is much the same.

"Trying to find that good balance of providing the academics, the advising, the involvement opportunities, without needing more and more money, that is what we try to do," he said. "The SGA is really trying to do that with some judicious use of the money, getting the most out of every dollar that they can."

POPE | New pope to focus on serving the poor

Continued from page 1

seems my brother cardinals have chosen one from far away. Here I am, I thank you for your embrace."

Francis takes control of a church rocked by scandals concerning the Vatican bank and sexual abuse by priests, as well as allegations of corruption in Vatican City. After Benedict XVI's unprecedented resignation, many Catholics were unsure of the direction the church was heading.

"I was a little worried when Benedict stepped down. It kind of came out of nowhere," Goever said. "They had recently started a Twitter account for him, to get him more involved with the faithful, and it seemed like right after that he resigned."

The Twitter account, @Pontifex, which lay dormant after Benedict's resignation, was reactivated today, sending the

message "HABEMUS PAPAM FRANCISCUM" (Latin for "We have Pope Francis") to around 1.8 million followers.

Goever said that the Pope's unprecedented use of the name Francis and his break with tradition in skipping the blessing of the crowd suggests a rebuilding effort.

"I looked into it, and he did lots of modernizing for the church in Argentina," he said. "I don't think there are going to be a ton of changes, but I think there will be more of a focus on the poor and needy."

Goever cited a story he read about a visit Bergoglio made to an AIDS hospital while serving as archbishop of Buenos Aires, where he washed and kissed the feet of the patients.

"I can see him turning the role into more of a servant of the church rather than a figurehead," he said. "I think he is going to almost change how the world views the papacy."

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Hunger a local, multifaceted problem, yet solvable



Parker Robb | Collegian

Though unseen by many, hunger is a major issue in the K-State and Manhattan communities. About a quarter of Manhattan residents are below the poverty line and are at risk of going hungry.

Morgan Huelsman
staff writer

Hunger and malnutrition are a worldwide reality. According to the World Hunger Programme, 925 million people worldwide do not get enough food to remain healthy. Hunger can be caused by political and environmental issues, as well as poverty.

Manhattan is not exempt from hunger and poverty. According to the 2010 U.S. Census, 24.7 percent of Manhattan residents live below the poverty line, putting area residents at a higher risk of food insecurity. With more than double the average rate of poverty for the entire state of Kansas, hunger has taken the center stage for the Manhattan community, as well as K-State students and staff.

"The biggest thing about hunger is that it takes many forms and shapes," said Sandy Procter, assistant professor in human nutrition.

Hunger is defined as not having the means to purchase enough food. There is no single cause of hunger; many individual problems can contribute to it such as lack of financial resources, availability of

food or lack of education.

These key causes of hunger could change for any individual based on the situation they are faced with, said Maribeth Kieffer, executive director of the Flint Hills Breadbasket, 905 Yuma Street, which provides food to those in need.

"There aren't any two people that are alike when they come here," Kieffer said. "It really depends on what happened to bring them into the Breadbasket."

According to the Flint Hills Breadbasket website, the organization distributed 541,079 pounds of food and served 16,480 families in 2011, the latest year of available statistics.

One issue surrounding hunger is the misconceptions about what hunger "looks like," and who may be at risk for being chronically hungry, Kieffer said.

"People see Manhattan as a fluent town, and they don't realize there is a percent of people with these needs," Kieffer said. "You do not realize the extent of the hunger that is in Manhattan until you have experienced it yourself."

Another common misconception

is that individuals who are overweight or obese cannot be hungry. That is not true, said April Mason, provost and senior vice president of K-State.

"People believe that if you are overweight you are not hungry, but you can still be overweight and be hungry," Mason said.

Mason also said that an addi-

"You do not realize the extent of the hunger that is in Manhattan until you have experienced it yourself."

Maribeth Kieffer
Executive director of the Flint Hills Breadbasket

misconception is that some people believe that individuals who utilize food assistance programs should just work harder, or stop "being lazy." Mason said that this is not necessarily true.

"We see people who are poor

that are working three jobs, and working as hard as they possibly can, but they may not have the education to have a job that pays living wage such that they can buy food for their families," Mason said.

While the Flint Hills Breadbasket and other Manhattan organizations work to help relieve hunger in the local communities, K-State students are tackling hunger on a global level.

Students and instructors in the School of Leadership Studies attended the "Raising the Volume: Universities Fighting World Hunger Summit" in Overland Park, Kan. in early March. At the conference, students and instructors listened to speakers, talked to other university students and addressed hunger on local and world levels.

"As students attending, our goal was to identify service-learning projects that could be adapted to Kansas State and the Manhattan area," said Mallory Patten, sophomore in public relations. "Other university students wanted to address the issues of collaboration and commitment to fighting world hunger globally."

The Kansas Hunger Dialogue,

held at K-State, also brought hunger to the forefront. These two events informed students, professors and individuals about how to speak out and be an advocate for hunger.

"Students can play a crucial role in fighting hunger—not only in our state, but globally," said John Mosier, executive director for the Kansas Campus Compact.

Campus Compact is a national organization with 35 state affiliates (Kansas has 13 campuses) who promote, recognize and fund service learning and civic engagement on campuses across the state.

"We want campuses and students to implement service-learning projects that will align with their interests and their passions," Mosier said.

Whether it is becoming more educated, volunteering in the community, holding a food drive, informing others through social media or becoming a supporter of the hunger cause, students can have an impact on the issue.

"Hunger is a multifaceted problem, with no simple solutions," Procter said. "But it is solvable."

Traditional medicine can provide alternative options

Jacob Allan
staff writer

When it comes to health and medical practices, the first thought that may come to many people's minds is whether the ailment requires a visit to the doctor's office or a trip to the emergency room.

In the United States these establishments of modern or Western medicine have had a steady place in society for years. However, these institutions aren't the only options for medical treatment in the world, or even in Manhattan.

"Traditional practices look at the individual as a whole and prevent things from happening," said Dr. Jarod Zabel, doctor of chiropractic at the Alternative Healthcare Center located on 830 Poynz Ave.

Eastern, or traditional, medical practices have been around for over 2,000 years. A well-known example of traditional medical practices stem from Chinese medicine.

According to "The Web That Has No Weaver" by Dr. Ted Kaptchuk, traditional medicine often focuses on overall well-being and underlying causes of ailments.

"All relevant information, including the symptom as well as the patient's other general characteristics, is gathered and woven together until it forms what Chinese medicine calls a 'pattern of disharmony,'" Kaptchuk said in his book.

There are many different types of medicine considered to be "alternatives" to mainstream medicine. Chiropractics and acupuncture are common traditional practices of alternative medicine in the Western world. Manhattan has both chiropractic and acupuncture providers.

The major difference between traditional and modern medicine is their philosophies, according to Zabel.

"We do a lot of education in exercise, healthy diet, vitamins and supplements, good sleeping patterns, positive thoughts—lifestyle things that all help a person be healthier," Zabel said.

Benefits from the practices also vary. Acupuncture, which the Mayo Clinic defines as the traditional Chinese medical practice of inserting extremely thin needles through the skin at strategic points

in the body, is believed to treat pain, among other ailments.

"The worst possible outcome is your problem is a little worse," said Stephen Williams, acupuncturist at Konza Acupuncture & Herbal Medicine. "The best possible outcome is your problem goes away."

While the consequences of some modern medical procedures can be more severe than a slight increase in pain, Williams believes that acupuncture is a reputable source of pain relief for people to try.

"With the risk to potential benefit, acupuncture is clearly safer," Williams said.

While several clinics in Manhattan provide traditional practices, Lafene Health Center and Mercy Regional Hospital provide more modern medical services.

Dr. Linda Skiles, staff physician at Lafene Health Center, cites tradition as her motivation to practice modern medicine.

"I chose modern medicine instead of traditional medicine because I had primarily been exposed to modern medicine as I was growing up," Skiles said.

While Zabel practices traditional medicine at the Alternative Healthcare Center, he concedes that modern medicine may have advantages in certain, serious medical situations.

"When it comes to dealing with a crisis or needing surgery, that's where [modern medicines] are really good," Zabel said.

Williams agrees that modern medicine can also be advantageous in certain situations.

"Conventional medicine is great for diagnostic purposes," Williams said.

Eastern and Western medical practices have their respective advantages in different situations, such as being minimally invasive and having the advantage of large amounts of advanced technology, respectively.

Dr. Skiles believes that there isn't necessarily a clear-cut superior medical field and gives credit to both traditional and modern medical practices.

"Both disciplines have their strengths and weaknesses," Skiles said. "There are excellent, caring, intelligent providers [in both]."

Yerba mate a growing, healthy trend

David Mejia-Zaccaro
staff writer

Yerba mate has become popular recently in the United States. It has also been associated with numerous health benefits, and is slowly making an appearance on the K-State campus.

The herb originated from subtropical South America in northeastern Argentina, Bolivia, Brazil, Uruguay and Paraguay. The first humans to tame and understand the benefits of the wild herb were the Guarani people. After the Spanish conquered the native inhabitants of South America, the tradition of consuming this product was adopted by the new settlers as well.

It is traditionally brewed or served cold in a little container made of "palo santo" hardwood, bovine horn or sometimes aluminum. The soaked leaves are then sipped dry through a metal straw, also known as a "bombilla." The

bombilla has a filter on one end to stop the ground leaves from being swallowed. Warm or cold water is carried around in leather-coated containers called "termo de terere." These containers have personalized leather designs, traditional and modern embroidery patterns, and often the name of the owner.

The trend has migrated from South America, and has become popular in North America. Even some K-State students can be seen carrying the containers of yerba mate.

Yerba mate also has many health benefits. Several medical experts have praised yerba mate as benefiting the overall health of the drinker. For example, the British Herbal Pharmacopoeia (also known as the British Herbal Medicine Association) indicated that the herb was ideal for the treatment of chronic fatigue, weight loss and headaches produced by stress.

Dr. James Balch, M.D., who's

done extensive research on antioxidants, recommends yerba mate for arthritis, pains, hemorrhoids, fluid retention, obesity, weariness, anxiety, constipation, and maintenance of healthy kidneys.

Dr. Mowrey, Director of Mountainwest Institute of Herbal Sciences, stated that yerba mate contains "practically all of the vitamins necessary to sustain life." These include 11 poly-phenols—powerful antioxidants that are believed to help prevent cancer by reducing the replication of deformed cells containing damaged or altered genetic code.

While some people seem to attribute nearly magical properties to this ancient drink, it is worth pondering that before humans knew what cancer, DNA and poly-phenols were, ancient South Americans tribesmen were already drinking it to stay sharp and nourished while hunting for food centuries ago.



photo courtesy of wikipedia commons

Among its numerous benefits, yerba mate, an herb that originated in various parts of South America, has proven to have health advantages that include treatment for chronic fatigue, weight loss and stress-induced headaches.



Wildcats look for third defeat of Texas

Mark Kern
sports editor

It is never easy to defeat a team three straight times in a season, and that is the task the Wildcats will have tonight as they get ready to take on the Texas Longhorns at 6 p.m. at the Sprint Center in Kansas City. As easy as the wins have been against Baylor and Iowa State, two teams competing for an NCAA tournament berth.

In his eight games back, Kabongo has averaged 15.8 points, 5.3 assists and 5.3 rebounds, and has given the Longhorns a true star on the team.

Kabongo's return has also helped open up sophomore forward Sheldon McClellan, who has averaged 25 points the past two games.

Having to play the first 23 games of the season without sophomore point guard Myck Kabongo was a huge part of why Texas struggled early in the season.

The Longhorns really struggled to find any kind of consistency, as they posted a 10-13 record, and now the only way

they can continue the fourth longest streak in the country for consecutive berths in the NCAA tournament is to win the Big 12 Championship.

With Kabongo back, the Longhorns have played much better, winning five of their last eight games. Two of those victories came against Baylor and Iowa State, two teams competing for an NCAA tournament berth.

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If Texas could catch fire and

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automatic berth by winning the

Big 12 tournament. ESPNU anal-

yst and former North Carolina

coach Matt Doherty made head-

lines this week in Manhattan, by

making the "Bold Prediction" that

Texas will defeat K-State tonight.

Now it is time to see if he was right.

McClellan has great size for a

shooting guard at 6 feet 4 inches,

and is able to score both at the rim

as well as being able to knock the

ball in from outside.

While their offense was not

very good at the beginning of the

season, the Longhorns have been

very solid all season on the de-

fense end. On the season, Texas

has only given up 65.7 points per

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Behind the curtains: inside look at relationship between media, players



Collin Sexton

Being a member of the football team while majoring in journalism has given me the opportunity to understand the relationship between the media and the teams they cover.

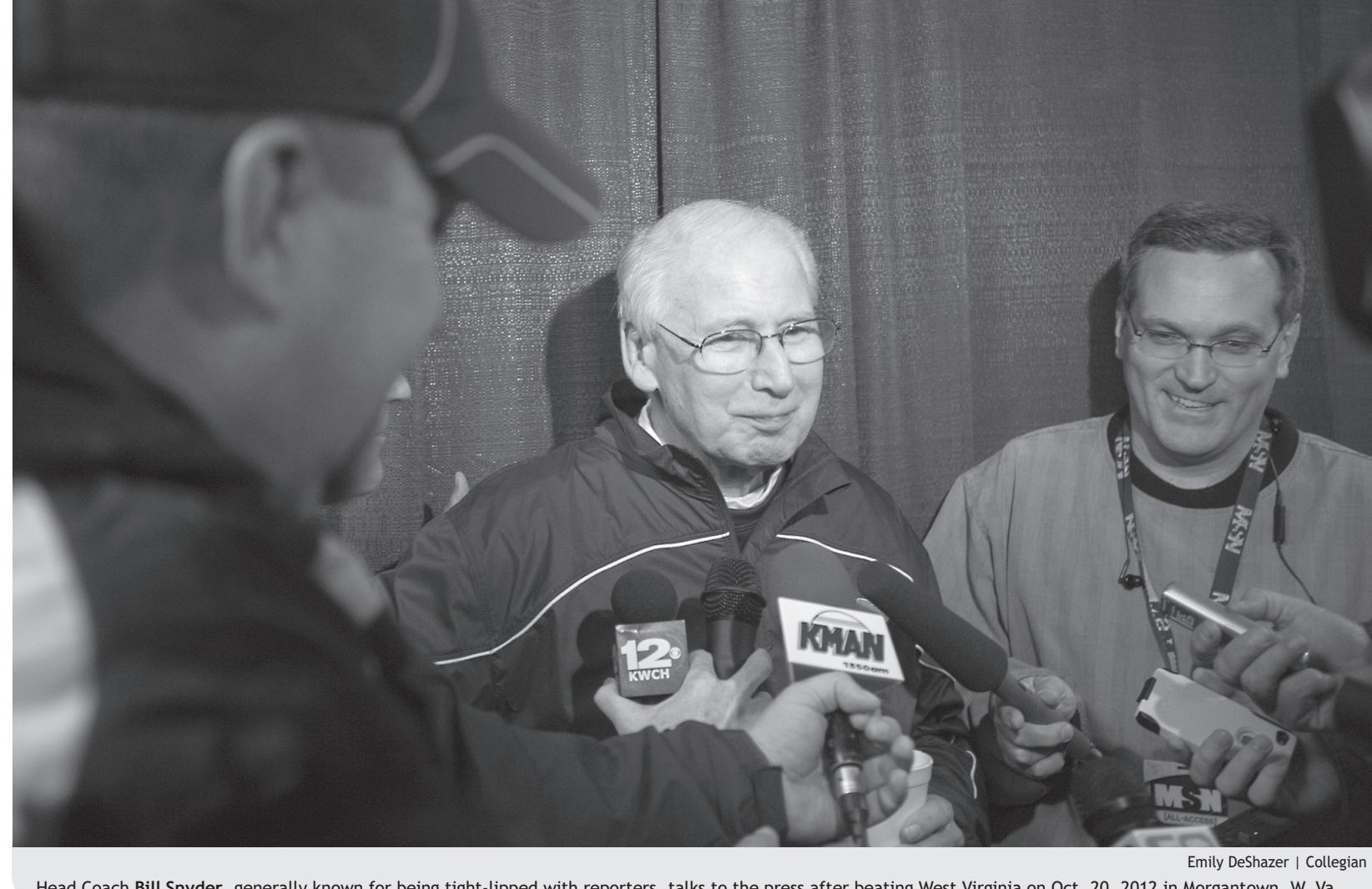
There's an inherent conflict between the two groups—athletes and media—over access to information. As an athlete, you don't want to give out too much information to the media. Unfortunately, today, information can leak quickly via social media—information that you want to keep as private as possible. However, a journalist's job is to squeeze the bottle dry finding the best information possible on athletes.

While playing football at K-State, I have been a witness inside both worlds. As a player on any team, it is an unwritten rule to not go public with certain conflicts, injuries and any other information inside the organization that should not be revealed.

No matter how hard interviewers try to pry answers from athletes to make a juicy story, it is the athlete's job to resist answering and not give the media anything they should not know. Sports fans love controversial topics. This has remained and will remain true as long as sports exist.

D. Scott Fritch, football beat writer for gopowercat.com, said a key is to try and get information on the player that you can't see with the naked eye.

"Everybody on TV already



Emily DeShazer | Collegian

Head Coach Bill Snyder, generally known for being tight-lipped with reporters, talks to the press after beating West Virginia on Oct. 20, 2012 in Morgantown, W. Va.

saw the touchdown runs or great catches, but not everybody knows the story of the player," Fritch said. "I try to get the most out of them and tell their story in the most unique way possible."

It is always the reporter's job to try to find out anything possible, as the readers want to know as much as they can about their favorite athletes.

That is why it is key for athletes to understand what is going on before an interview. If you are frustrated about the outcome of a game, or extremely excited about it, you have to be able to keep your emotions in check and give answers without getting too emotional.

Sophomore wide receiver Tyler Lockett said he advised athletes to state things in such a way that they can't be interpreted differently than they were meant.

"The hardest thing about being interviewed is making sure that you say exactly what you mean," Lockett said. "You don't want to say anything that other people can grab and make a big deal about it."

On the reporting side of things, I have to learn the complete opposite. I have to think of good questions to try to get the best information I can get from the people I am interviewing.

Being a student athlete and witnessing both positions will help me in the long run as a reporter. Hopefully, with the experience of being both the interviewer and interviewee, I will have a few tricks up my sleeve to squeeze the juiciest

topics out of the athletes when my playing days are done.

Collin Sexton is a sophomore in journalism and mass communications. Please send comments to sports@kstatecollegian.com.

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

Late Night

The Collegian Guide to Weekend Food and Drink Specials

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THIS WEEK'S DEALS	THURSDAY	FRIDAY	SATURDAY
BOMB bar (785) 320-5590 718 N. Manhattan Ave.	\$1.50 Bombs \$1.50 Wells \$3.50 32oz Wells	\$1.50 Bombs \$1.50 Wells \$3.50 32oz Wells	\$1.50 Bombs \$1.50 Wells \$3.50 32oz Wells
blackstone tavern (785) 320-7377 1344 Westloop	\$8 Domestic Buckets \$5 Burger Basket w/ Fries 1/2 Price Drinks 1pm-3pm	\$2.50 Domestic Pints \$3 Imports \$6 Pulled Pork Sandwich with Fries 1/2 Price Drinks 1pm-3pm	\$2.50 Pounders All Day 1/2 Priced Appetizers 1/2 Price Drinks 1pm-3pm
Birth Day Saloon 1206 Moro (785) 320-7664	\$1.50 Bottles	Ladies' Night!	Happy Hour 7pm-10pm 99¢ Keystone Pints
Finn's Pub 317 Pointz Ave, Manhattan, KS 66502 (785) 776-2119	\$6.25 60 oz. Domestic Pitchers \$1 Mini Bombs	\$2 Rum & Pepsi \$4.50 32 oz. Draws \$1 Mini Bombs	\$4.50 32 oz. Draws \$1 Mini Bombs
hibachi hut (785) 539-9393 608 N. 12th St.	STEAK NIGHT \$10.99 CARAFES of SANGRIA \$5.50	\$4.50 Pat O'Brien Hurricanes Seafood Fridays *check it out at hibachihut.com	Herb Crusted Prime Rib After 5pm \$4.50 Long Island Iced Teas
JOHNNY KAW'S EST. 1911 SPORTS BAR (785) 320-5590 1218 1/2 Moro St.	"DOLLAR NIGHT" 18 To Enter	\$1 Draws 10pm - 12am Discount with Student ID	\$1 Draws 10pm - 12am Discount with Student ID
Mustang Gentleman's Club (785) 238-7571 1330 Grant, Junction City	Happy Hour 7:30 - 11:00 pm All alcohol 1/2 price	7:30 - 9:30 pm Free admission with KSU Student ID & Driver's License (21+)	7:30 - 9:30 pm Free admission with Military ID (21+)
O'Malley's ALLEY	\$1.75 Domestic Draws \$2 All Bottles	\$3 Domestic Pints \$2.50 Highlife & Busch Light Bottles	Come see us for the game!
Porter's (785) 537-7151 706 N. Manhattan Ave.	50¢ Tacos \$2 any pint \$2 bombs	\$3 Boulevard Pints Try a Boulevard Burger	Come see us for the game!
SHOT STOP 1222 Moro St. (785) 320-5590	\$1.50 Shots \$1.50 Bottles Everyday	\$1.50 Shots \$1.50 Bottles Everyday	\$1.50 Shots \$1.50 Bottles Everyday
Tasty China House Thursday: 8pm - 10:30pm Friday: 11pm - 2 am Saturday: 11pm - 2 am 1120 Moro St. (785) 320-7768	\$1.50 Wells General Tso's Chicken \$7.95 Sesame Chicken \$7.95 Super fast service & low prices!	\$1.50 Wells General Tso's Chicken \$7.95 Sesame Chicken \$7.95 Super fast service & low prices!	\$1.50 Wells General Tso's Chicken \$7.95 Sesame Chicken \$7.95 Super fast service & low prices!

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- Stadium
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- ◆ East Campus
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Announcements

CHECK OUT the bargains at The Budget Shop, 730 Colorado. Retail hours are 12 Noon to 3:00 P.M. Tuesday-Friday, 10:00 A.M. to 1:00 P.M. Saturdays. Closed Monday. Donations are welcome at the back of the shop from 9:00 A.M. to 5:00 P.M. Monday-Friday and 10:00 A.M.-1:00 P.M. Saturday.

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MANHATTAN CITY Ordinance 4814 assures every person equal opportunity in housing without distinction on account of race, sex, familial status, military status, disability, religion, age, color, national origin or ancestry. Violations should be reported to the Director of Human Resources at City Hall, 785-587-2440.

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**Be safe
and stay healthy
this Spring Break!**

Research on tanning mixed, experts caution against prolonged UV exposure

Ashlee Mayo
contributing writer

With spring break only a few days a way, and shorts weather coming, many people may be attempting to get a jump on the sun and get golden tan skin on their own. While medical professionals and tanning salons continue to battle over the science of the dangers of tanning, it continues to be a common practice, even in Manhattan.

"It's pretty much three times what we normally see," said Caitlin Walsh, senior in criminology and manager at the Bronze Image and Sun Con-

nexion tanning salons, of pre-spring break tanning. "We have to hire in extra staff."

According to the Skin Cancer Foundation, nearly 30 million people tan indoors in the United States every year. A surprising 2 to 3 million of them are teens. Some states have made it illegal for minors to tan. A majority of Manhattan tanning salons serve minors, including Bronze Image and Sun Connection.

"Minors can tan only if their parent consents," Walsh said. "Their parent has to come in with them."

The level of correlation between using tanning beds or

being exposed to the sun and medical problems such as skin cancer is controversial.

According to the Skin Cancer Foundation, "No matter what you may hear at tanning salons, the cumulative damage caused by UV radiation can lead to premature skin aging (wrinkles, lax skin, brown spots, and more), as well as skin cancer. In fact, indoor ultraviolet (UV) tanners are 74 percent more likely to develop melanoma than those who have never tanned indoors."

They also report that just one indoor tanning session increases users' chances of

developing melanoma by 20 percent.

A study conducted by researchers at the University of Dundee, Scotland discovered that the risk of skin cancer was 6 times more likely from tanning beds, compared to the risk of direct natural sunlight exposure.

The website Tanningtruth.com has a slightly different idea about the dangers of tanning. According to the website, "While it is believed that melanoma is somehow related to ultraviolet light exposure, this relationship is not straight-forward and the photobiology research community still does

not know how it works. That's because while a minority of associative survey-studies have suggested a correlation between UV from indoor tanning and melanoma, no direct experimental evidence exists to show a causative connection."

While people on both sides of the issue argue for their viewpoint, Julie Gibbs, assistant director of Lafene Student Health Center, said sun damage is sun damage, no matter where it comes from.

"Spending long enough in the sun is just as damaging as any tanning bed," Gibbs said.

Risks of having severe medical issues such as a skin cancer from tanning or any other activity can vary from person to person, Gibbs said.

"One person may step into a tanning bed and get

cancer the first time, another person who tans everyday may never get it. It depends on the person. Everybody's different," Gibbs said.

One area of sun exposure and damage that many people don't think about is their eyes, Gibbs said. Even when a person's eyes are closed, UV light makes contact with the cornea and lens. This is because the skin of the eyelid is very transparent and puts people's eyes at risk for sun damage.

Many tanning salons, including Bronze Image, won't allow customers to tan without proper protective eyewear. At Bronze Image, posters in each of the rooms warn tanners of the dangers of too much UV light coming in contact with eyes.

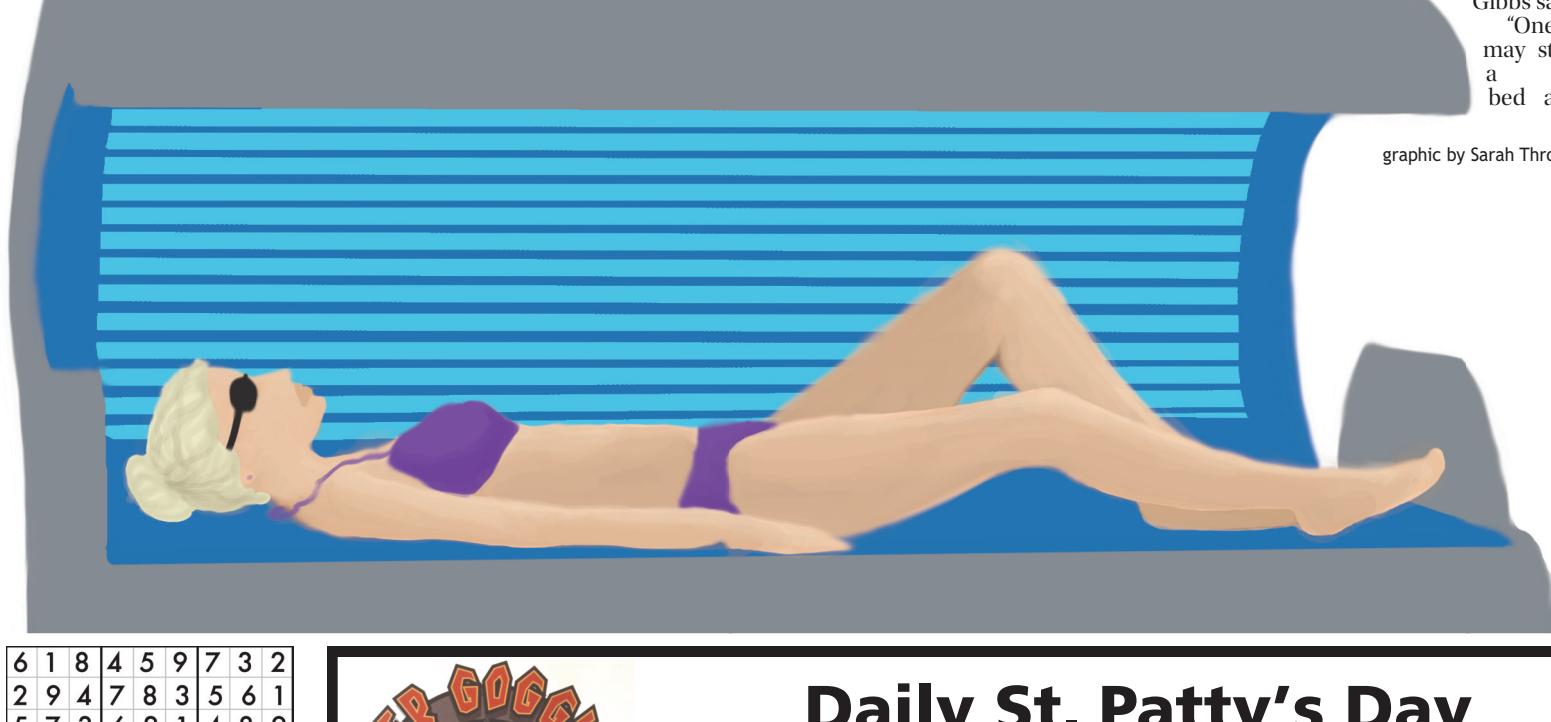
Excessive UV exposure to the eyes can have serious consequences, Walsh said.

"It can result in night vision loss, colorblindness, and can ultimately lead to being blind," Walsh said.

As the weather warms up and people head to the beaches for spring break, Gibbs advised that people take precautions, regardless of whether or not they have been tanning in the past.

"Slip on sunscreen," Gibbs said. "If you're out for long periods of time, wear head protection and sunglasses. We need to take care of our eyes."

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.



graphic by Sarah Throckmorton

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